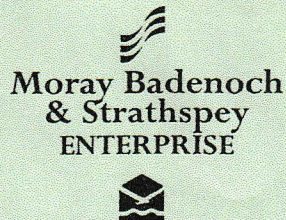


**STAKIS
AVIEMORE**
RACE MANUAL



**CAIRNGORM
CYCLING
CLUB**

TOUR OF SPEYSIDE

MULTI-STAGE CYCLE ROAD RACE

SATURDAY/SUNDAY 8-9 JUNE 1996

STAGE 1

The Badenoch Stage

SPONSORED BY

STAKIS COYLUMBRIDGE RESORT HOTEL

50 mile Road Race

STAGE 2

The Cairngorm Stage

SPONSORED BY

CAIRNGORM CHAIRLIFT COMPANY LTD

CAIRNGORM

25 mile Road Race

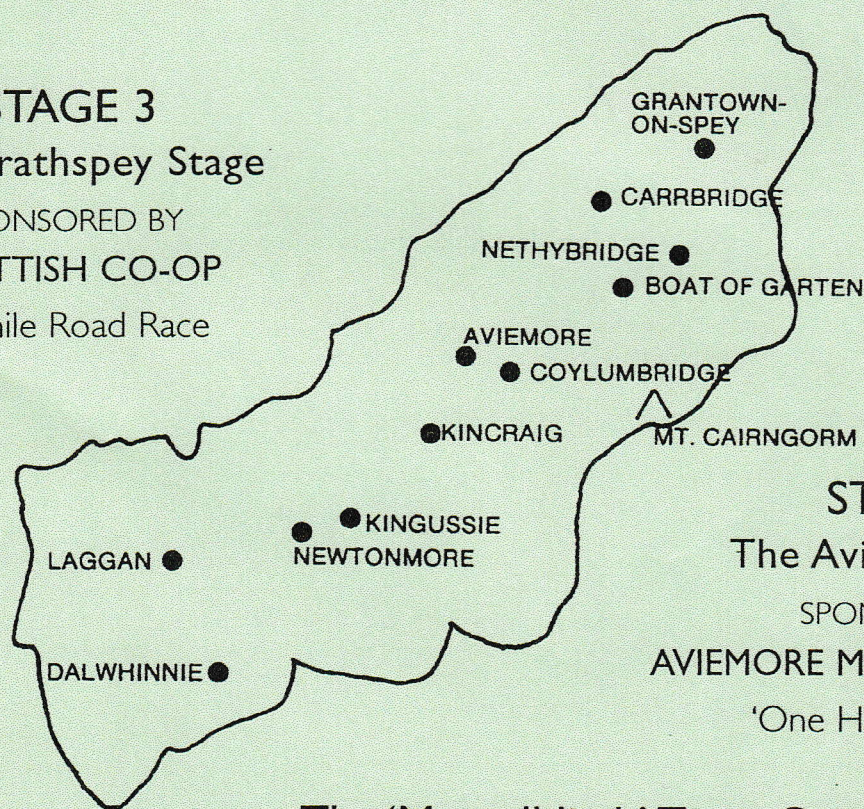
STAGE 3

The Strathspey Stage

SPONSORED BY

SCOTTISH CO-OP

70 mile Road Race



STAGE 4

The Aviemore Stage

SPONSORED BY

AVIEMORE MOUNTAIN RESORT

'One Hour Criterium'

The 'Monadhliath' Team Competition

SPONSORED BY

BADENOCH & STRATHSPEY SPORTS COUNCIL

'OSPREY CHALLENGE'

(GREEN JERSEY)

POINTS COMPETITION

SPONSORED BY

STAKIS COYLUMBRIDGE
TIMESHARE

'GENERAL CLASSIFICATION'

(YELLOW JERSEY)

OVERALL COMPETITION

SPONSORED BY

**STAKIS
AVIEMORE**

3rd CATEGORY

GENERAL CLASSIFICATION

SPONSORED BY

SEMPLÉ & COCHRANE
LIMITED



CAIRNGORM CYCLING CLUB

affiliated to:
N.O.S.C.A.
S.C.U.
B.C.F.

Welcome to the tenth STAKIS Tour of Speyside.

To celebrate the tenth edition of the Tour the Club has invited as Special Guests two riders who have taken part in all the previous Tours, namely, George Findlater, Aberdeen Wheelers, and Andy Matheson, Musselburgh Roads C.C.

The Club records it's sincere thanks to STAKIS HOTELS, the Stage and Competition Sponsors and the Prize Donors for their continued support.

On a sad note I record the untimely death of Allan Bell whose assistance and help have been appreciated in our previous Tours. I send our condolences to his wife Mary, son Graham and daughter Angela.

Colin C. Horn Race Organiser.

Race Guest - Rita Montgomery World Champion 1980 & 1983

ACKNOWLEDGEMENTS

The Cairngorm Cycling Club wish to thank the following, whose help in many ways have made this event possible.

STAKIS HOTELS, Aviemore.
Moray, Badenoch and Strathspey Enterprise
STAKIS Coylumbridge Resort Hotel.
STAKIS Four Seasons Hotel.
STAKIS Badenoch Hotel.
STAKIS Coylumbridge Timeshare
Aviemore Mountain Resort
Cairngorm Chairlift Company Ltd.
Badenoch & Strathspey Sports Council.
Scottish Co-op.
Semple & Cochrane Ltd., Paisley.
Colin Baxter Photography, Grantown-on-Spey
The Trophy Shop, Lossiemouth.
Cluny Hill School of Motoring, Forres.
Rothiemurchus Estate.
The Highland Council
Nethy Bridge Community Council
Bill Wilson, Glenmore Shop, Glenmore.
Craggan Mill Restaurant, Grantown-on-Spey.
Tyree House Hotel, Grantown-on-Spey.
Mackellar Engineering Ltd., Grantown-on-Spey.
A. W. Laing, Grantown-on-Spey.
Landmark Visitor Centre, Carrbridge.
Lochanhully Woodland Club.
Cairngorm Hotel, Aviemore.
Waltzing Waters, Newtonmore.
Mercury Hotel, Aviemore.
Tulloch Ltd.
Aviemore Chamber of Commerce.
Cairngorm Whisky Centre.
Ken Ross Cycles, Invergordon.
Police - Badenoch & Strathspey Sub-Division.
Members and Friends of the Cairngorm Cycling Club.
Officials of the North of Scotland Cycling Association.

STAKIS TOUR OF SPEYSIDE
Race Regulations

The STAKIS Tour of Speyside is run under the rules of the Scottish Cyclists Union together with those rules specified within this Manual and registration for this event signifies acceptance of same.

All Competitors, Team Managers, Race Officials, Drivers, Marshalls and Helpers must register for this event by signing on. Competitors must sign on prior to every Stage.

Race Control for Stages One, Three and Four is at the Osprey Building Aviemore Centre (South Door) and for Stage Two at the Woodshed Bar, STAKIS Coylumbridge Resort Hotel. This Hotel is 1.5 miles from Aviemore on the Cairngorm road.

COYLUMBRIDGE

810661

Race H.Q. - STAKIS ~~Four Seasons~~ Hotel. Tel. (01497) ~~810661~~.

A Race Meeting will be held in the Reception Office, Osprey Building, Aviemore Centre, on Friday evening, 7th. June at 21.00. All Team Managers, Race Officials, Drivers, Marshalls and Helpers are asked to attend if possible.

Changing accommodation prior to Stages One, Three and Four will be in the Reception Office, Osprey Building, Aviemore Centre and prior to Stage Two will be at The Fun House Cloakroom, Coylumbridge Hotel. Showers will be available after Stages One, Three and Four at the Ice Rink, Aviemore Centre, and after Stage Two at the Swimming Pool, Coylumbridge Hotel.

NOTE - These facilities are for Competitors only.

Unauthorised following cars are prohibited.

Prize Presentation - The first three after every Stage will be presented to Stage Sponsor immediately after Stage. Points Leader will be presented with Leaders Jersey immediately after Stage finish. Race Leader will be presented with Yellow Jersey prior to Stage start. The final Prize Presentation will take place at 17.30 in the STAKIS Coylumbridge Resort Hotel.

ALL COMPETITORS ARE EXPECTED TO ATTEND.

High Tea will be available in the STAKIS Coylumbridge Resort Hotel from 16.30 - 17.30, and will be free to all Competitors.

High Tea will be available to Family and Friends at a subsidised rate of £5.00. It is essential that advance notice is given. Tickets can be obtained at Race Control prior to Stages One, Two and Three.

Race Service is a spare wheel service only and the Race Organisation is supplying three service cars. Team Managers are asked to volunteer and supply service cars.

Each Competitor MUST supply one RACEWORTHY wheel - odd numbers a front wheel, even numbers a rear wheel.

ALL RACE SERVICE TO BE STRICTLY NEUTRAL

Competitors not in Club Teams may be grouped into Centre or Composite Teams.

STAKIS TOUR OF SPEYSIDE
Race Regulations

COMPETITIONS.

"GENERAL CLASSIFICATION". The Yellow Jersey.

Time Bonuses - Finish of Stages.

1st. 15 seconds, 2nd. 10 seconds, 3rd. 5 seconds.

Primes and Hot Spots - 1st. 6 seconds, 2nd. 4 seconds, 3rd. 2 seconds.

"3RD.CATEGORY GENERAL CLASSIFICATION".

3rd. category riders will receive the highest value prize from either the Gen. Class. OR 3rd. Cat. Gen. Class. prize lists, but not both.

"OSPREY CHALLENGE" Points Competition. The Green Jersey.

Points for Primes - 1st. 4 points, 2nd. 3 points, 3rd. 2 points.

Points for Hot Spots - 1st. 3 points, 2nd. 2 points, 3rd. 1 point.

Stage One - Kincaig Prime, Newtonmore Hot Spot, Catlodge Prime, Kingussie Hot Spot.

Stage Two - Aviemore Hot Spot, Glenmore Hot Spot.

Stage Three - Carrbridge Hot Spot, Craggan Mill Hot Spot, Grantown-on-Spey Hot Spots 1,2 and 3, Nethybridge Hot Spot, Loch Garten Hot Spot, Lochanhully Hot Spot.

Stage Four - Hot Spots at 15, 30 and 45 minutes approximately.

"MONADHLIATH" Team Competition. The White Jerseys.

Any three riders to count from a team of four riders, calculated on a stage by stage basis. Based on time - EXCLUDING BONUSES

RACE FORMAT - All Stages are massed-start road races.

Competitors numbers will be from 1 to 110.

MAXIMUM OF 100 RIDERS MAY START.

Numbers must not be folded. Riders wearing Competition Jerseys must also wear their race numbers.

STAKIS Tour of Speyside crashhat covers MUST be worn during this event and MUST be returned with numbers and safety pins before race licence is returned.

Special notes on Stage Four - One Hour Criterium.

The normal laps out procedure for short circuits will apply. The Timekeeper will indicate when the number boards are shown for the last five laps. The race will end when the winner crosses the finish line. Lapped riders times will be calculated on average times plus adjustments to place lapped riders behind the last rider to complete the full distance. Riders will be adjudged to be lapped when overtaken by Lead Car.

Protests - Including Protest Fee of £15 - must be handed, in writing, to the Chief Commissaire within one hour of Stage finishes.

Protests regarding results must be handed, in writing, to the Chief Commissaire not less than 30 minutes prior to the start of the next Stage.

The Race Jury will comprise of the Organiser, Chief Judge and Chief Commissaire. Decisions by the Race Jury will be final.

STAKIS TOUR OF SPEYSIDE

Stage One The Badenoch Stage Sat. 8 June 96.

Signing-on 08.30-09.40 Osprey Building, Aviemore Centre.

Start - 10.00.

Miles Time Route

0	10.00	Start at Badenoch Hotel, Aviemore Centre. Neutralised.
0.8		Leave Centre. Turn right onto B9152.
1.2		Turn left onto Cairngorm Road B970.
1.4	10.05	Official Start on bridge over River Spey.
1.9		Turn right at Inverdrue onto B970 for Feshie Bridge.
7.7	10.20	Feshie Bridge <u>GREAT CARE AND ATTENTION.</u>
8.6		Turn right for Kincaraig.
9.6		Enter Kincaraig. Very narrow bridge <u>GREAT CARE AND ATTENTION.</u> Tele.kiosk.
9.8	10.25	KINCRAIG PRIME - hydro-pole NO.D4 30m before T junction. At junction turn left onto B9152 for Kingussie.
14.0	10.35	Lynchat
15.3	10.38	Enter Kingussie (Traffic Lights)
16.1		Leave Kingussie on A86
18.0	10.45	Enter Newtonmore NEWTONMORE HOT SPOT opposite Waltzing Waters
18.8	10.48	Bear right on A86 for Laggan
19.4		Leave Newtonmore
26.8	11.07	Laggan Bridge
27.1		Turn left onto A889
28.5		CATLODGE PRIME
28.6	11.12	Turn left for Glentruim at Catlodge. Kiosk.
33.0	11.22	Turn left onto A9 <u>GREAT CARE AND ATTENTION</u>
34.5	11.26	Turn left onto B9150
35.6	11.29	Enter Newtonmore
36.8		Leave Newtonmore on A86
38.3	11.36	Enter Kingussie
39.0		KINGUSSIE HOT SPOT at River Gyack bridge
39.5		Leave Kingussie (off A86 onto B9152)
40.8	11.40	Lynchat
44.9	11.52	Kincaraig (straight-on on B9152)
48.8	12.02	Lynwilg Hotel
50.6	12.06	Enter Aviemore
51.2	12.08	Turn left into Aviemore Centre
51.8	12.10	Finish 3/4 way round Aviemore Centre at Fuel Depot

Stage Two The Cairngorm Stage Sat. 8 June 96.

Signing-on - 14.00-14.40 Woodshed Bar, Coylumbridge Resort Hotel.

00.0 15.00 Start at Woodshed Bar, Coylumbridge Resort Hotel.

00.1 Leave Hotel, turn left onto B970.

00.5 Coylumbridge, turn left on B970.

07.0 15.15 T Junction, turn left for Boat of Garten.

08.9 T Junction at Deshar School, turn left onto A95.

09.7 15.20 Kinveachy Junction, turn left for Aviemore (A95 B9152).

14.4 15.30 AVIEMORE HOT SPOT opposite Cairngorm Hotel.

14.6 Turn left onto Cairngorm road, (B970).

20.7 15.45 GLENMORE HOT SPOT. (At Glenmore Shop).

24.5 16.00 Finish in Ski Car Park, Mount Cairngorm.

STAKIS TOUR OF SPEYSIDE

Stage Three The Strathspey Stage Sun. 9 June 96.

Signing-on 08.00-08.40 Osprey Building, Aviemore Centre.
Start - 09.00.

Miles Time Route

0	09.00	Start at Badenoch Hotel, Aviemore Centre. Neutralised
0.8		Leave Centre, turn left onto B9152 for Carrbridge.
1.7	09.06	Official start at de-restriction signs.
2.7		T junction, continue straight on, on A95.
5.2	09.14	Kinveachy junction, continue straight on, on B9153.
7.9	09.20	CARRBRIDGE HOT SPOT at Landmark Visitor Centre.
8.1		Turn right onto A938 for Grantown-on-Spey.
14.8	09.35	Dulnain Bridge, continue straight on, on A95.
17.0	09.40	CRAGGAN MILL HOT SPOT Inverallan Roundabout, 1st. exit B9102
17.7	09.44	GRANTOWN-ON-SPEY HOT SPOT 1 at A.W.Laing, 110 High Street.
17.8	09.45	Turn right onto A95/A939 at Traffic Lights Spey Bridge Roundabout, straight on over bridge.
21.9	09.55	A95 Cromdale Village. Turn left into Kirk Road
22.5		Narrow bridge over River Spey. DANGER
23.5		T junction, turn left for Grantown-on-Spey.
25.0	10.03	T junction, turn left onto A939.
25.4		GRANTOWN-ON-SPEY HOT SPOT 2 at War Memorial
25.6		Turn left onto A95/A939 at Traffic Lights. <u>START SECOND CIRCUIT</u>
29.7	10.14	A95 Cromdale Village. Turn left into Kirk Road
30.3		Narrow bridge over River Spey. DANGER
31.3		T junction, turn left for Grantown-on-Spey
32.8	10.22	T junction, turn left onto A939
33.2		GRANTOWN-ON-SPEY HOT SPOT 3 at War Memorial
33.4		Turn left onto A95/A939 at Traffic Lights
33.6		Leave Grantown-on-Spey on A95 <u>FOR THIRD TIME</u>
34.4	10.26	Turn right onto B970 for Coylumbridge
38.1	10.35	Pass Abernethy Church
38.2		Turn left for Lurg
38.4		T junction, continue straight on for Lurg
39.0	10.38	Nethybridge, Causer X roads, turn right
39.6		T junction at Nethybridge Hotel, left onto B970
39.8		NETHYBRIDGE HOT SPOT after football park.
40.0	10.40	Turn left for Loch Garten
41.0		Fork junction, bear right for Loch Garten
42.3		T junction, straight on for Loch Garten
42.9	10.47	OSPREY HIDE - GREAT CARE AND ATTENTION
43.2		LOCH GARTEN HOT SPOT 300m after loch side.
44.5		T junction, turn left onto B970
45.1		T junction, turn right for Boat of Garten
45.3		Cross River Spey, enter Boat of Garten
45.7		T junction, turn left
47.1		T junction at Deshar School, left onto A95
47.8	11.00	Kinveachy junction, turn right onto B9153
50.5	11.06	Carrbridge.
50.7		Turn right onto A938 for Grantown-on-Spey
51.2		LOCHANHULLY HOT SPOT at Lochanhully Woodland Club.
57.4	11.24	Dulnain Bridge, turn right onto A95
65.1	11.42	Kinveachy junction, turn left on A95 for Aviemore
67.6	11.49	T junction, straight on, on B9152
69.7	11.54	Aviemore. Turn right into Aviemore Centre
70.3	11.56	Finish 3/4 way round Centre at Fuel Depot.

STAKIS TOUR OF SPEYSIDE

Stage Four The Aviemore Stage Sun. 11 June 95.

Signing-on 14.00-14.40 Osprey Building, Aviemore Centre.
 Start - 15.00 Near Reception Office, Aviemore Mountain Resort.
 Route - Round circular road at Aviemore Centre. The race will be
 neutralised from the line-up until the Official Start at the Finish
 Area, approximately 1/2 lap.
 Race Distance - One Hour.
 HDT SPOTS - at 15, 30 and 45 minutes.

RACE PERSONNEL

Race Director	Colin Horn	Driver	Ian Watson
Chief Commissaire	John MacMillan	Driver	Peter Finlayson
Chief Judge	Al Sutton	Driver	Self
Commissaire Two	Peter Wright	Driver	Mel Watkins
Commissaire Three	Gordon Lawrie	Driver	Tom Bruce
Prime Judge	Peter Bennett	Driver	Hilary Scott
Timekeeper	Jane Hyde		
Recorder	Bronwyn Crymble		
Announcer	Jammy Johnstone	Driver	Maureen Malone
Lead Car	Ewan Scott/Les Scott	Driver	Self
Reserve Lead Car	Alasdair MacKenzie	Driver	Self
Protocol	Dennis Speight, Anne Speight		
First Aid	Hazel Moody	Driver	Tommy Moody
Number Steward	Liz Hawkins		
Broom Wagon	Dave Currie,		
Clerk of the Course	Sam Crymble, Keith Crymble		
Results Room	Tony & Trish Gray, all Judges		
Motorcycle Marshalls			
Chief of Service	Peter Robertson		
Service One	Peter Robertson	Driver	Mary Robertson
Service Two	Malcolm Skelly	Driver	Doninic Sermanni
Service Three			
Photo-Finish	Bob Brady		
Liaison Officer	Karl Turner		STAKIS AVIEMORE.
Race Organisation	Colin Horn, Peter Bennett, Callum Scott, Liz Hawkins, Dominic Sermanni, Alasdair MacKenzie		

PRIZES

Place	Stages				Class.	Gen. G.C.	3rd. Cat.	Team	Points
	One	Two	Three	Four					
1	30	30	30	30	100	40	60	50	
2	25	25	25	25	90	30	50	40	
3	20	20	20	20	80	25	40	30	
4	15	15	15	15	70	20	30	20	
5	10	10	10	10	60	17	20	15	
6	5	5	5	5	50	14	10	10	
7	Yellow Jersey	Jersey-St.1-£15			40	10	Green Jersey	St.1-£10	
8	"	"	"	2-£15	30		"	" 2-£10	
9	"	"	"	3-£15	25		"	" 3-£10	
10					20				
11 - 15					17				
16 - 20					14				
21 - 25					10		17 Primes & Hot-Spots		
							1-£12, 2-£8, 3-£4.		

Lantern Rouge - £20

Total Prizes - £2,225.00

STAKIS TOUR OF SPEYSIDE

KINGDOM R.T./SPOKES OF ST. ANDREWS			CAT	SCOTIA C.C.			
1	Kevin Clacher	Kingdom R.T./	1	53	Andrew Ferry	Scotia C.C.	3
2	Craig Grieve	Spokes of St. Andrews	3	54	Jonathan Ferry	"	3
3	Stephen Moore		2	55	Martin Ferry	"	3
4	Raymond Tully		1	56	Garry O'Rourke	"	2
ABERDEEN				TYNE VELO CLUB			
5	Robert Brown	Deeside Th./Pos. Resources	2	57	John Davidson	Tyne Velo Club	2
6	George Findlater	Aberdeen Whls..	2	58	John Fettis	"	2
7	Philip Duncan	Ab. Multisports/Cycling world/	2	59	Chris Proud	"	3
8	Bill Hart	Specialised/Insport	3	60	Marco Sladdin	"	3
C.C. LANCS				V.C.ASTAR/ADNERSIDE TOOLS			
9	Gethin Bulter	Norwood Paragon	2	61	Graham Brown	V.C. Astar/Anderside Tools	1
10	Ken Jones	C.C. Lancs	3	62	Alan Griffiths	"	3
11	Ed Nicoll	"	1	63	David Murdoch	"	3
12	Stephen Stoneman	"	2	64	Chris Thomson	"	1
CITY OF EDINBURGH				DEESIDE THISTLE C.C./POSITIONING RES "B" TEAM			
13	Nicky Hall	City of Edinburgh/	1	65	Norman Hatton	Deeside Thistle C.C./	3
14	Jamie Henderson	Continental & Canon	2	66	Kevin Sutherland	Positioning Resources	3
15	Neil Walker	"	2	67	Paul Waite	"	3
16	Martin Williamson	"	2	DUNEDIN C.C.			
DEESIDE THISTLE C.C./POSTIONING RES "A" TEAM				68	Neil Fraser	Dunedin C.C.	2
17	Neil Brown	Deeside Thistle C.C./	1	69	Craig Lamont	"	3
18	Rowland Jolly	Positoning Resouces	1	70	Ewan Munro	"	3
19	Steve Shand	"	2	FALKIRK BICYCLE CLUB			
20	Alister Watt	"	1	71	John Lafferty	Falkirk B.C.	3
FIFE C.A.				72	Franco Porco	"	3
21	Graham Barclay	Kennoway R.C.	2	73	Derek Simpson	"	2
22	Kenny Linton	Fife Century R.C.	2	GLASGOW ROAD CLUB			
23	Raymond Reidy	Fife Century R.C.	2	74	Mark Illingworth	Glasgow R.C.	3
24	Mark Young	Dunfermline & District C.C.	2	75	Mark Miller	"	2
GLASGOW COURIERS C.C./TETRAPAK/CSC				76	Dave Scott	"	3
25	Andrew Ferrie	Glasgow Couriers C.C.	1	JOHNSTONE WHLS./DOOLEYS CYCLES			
26	Iain Hill	Tetrapak/CSC	2	77	Tom Anderson	Johnstone Whls./	2
27	John Hunter	"	1	78	Willie Gibb	Dooleys Cycles	1
28	Peter Wilson	"	1	79	Andrew Lennon	"	1
GLASGOW NIGHTINGALE C.C.				PENICUIK R.T./SANDY WALLACE CYCLES/			
29	Stuart Grady	Glasgow Nightingale C.C.	3	BIKESPORT/KARRIMOR "A" TEAM			
30	Julian Hopper	"	3	80	Graham Moore	Penicuik R.T./	1
31	Damian MacCuley	"	3	81	Richard Moore	Sandy Wallace Cycles/	1
32	Colin Scott	"	3	82	Andrew Young	Bikesport/Karrimor	1
LAKELAND & LANCASHIRE DIVISION				EAST WEST			
33	Martin Andrew	Team Orange	1	83	Martin Garratt	Bonnyrigg C.C.	2
34	Chris Golightly	C.C. Staveley/Wheelbase	1	84	Simon Muir	"	2
35	Michael Pluckrose	Border City/Whls.	1	85	Zoe Andersion	Paisley R.T./Dooley Cycles/	W
36	Mike Taylor	Cleveleys R.C.	1	86	James Millar	Clanford	1
MUSSELBURGH ROADS C.C.				NORTH EAST			
37	Douglas Gale	Musselburgh Roads C.C.	3	87	Kerry Blinston	G.S.Corsa/RBW/Bike Bothy	3
38	Andy Matheson	"	1	88	Allan Wright	"	3
39	Steven Marshall	"	3	89	Ivor Reid	Moray Firth C.C./	3
40	Paul Wilson	"	3	90	Michael Van der Vlies	Bikes of Inverness	2
NORTH OF SCOTLAND C.A.				AUSSIE SCOT			
41	Alan Garrow	Team Carbon 5/Stuart/Moray	2	91	Stewart Brown	V.C. Astar/Adnerside Tools	2
42	Vince MacLennan	Ross-shire Roads C.C.	3	92	John Forrest	C.C. Lancs	2
43	Dominic MacAdam	Cairngorm C.C.	1	93	George Harper	Kingdom R.T./Spokes	3
44	Gary Patterson	High. Cannons/Mount. Madness	1	94	Paul Tiggerdine	Rockhard R.T./Thoms Cycles	3
PERTH UNITED C.C.				NORTHERN IRELAND CYCLING FEDERATION			
45	Maurice Laing	Perth United C.C.	1	95	Raymond Brownfield	N.I.C.F.	1
46	Ally Little	"	3	96	Michael Hamilton	"	3
47	Laurence Morgan	"	3	97	Willie Hamilton	"	3
48	Duncan Watkins	"	2	98	Allister Irvine	"	2
PENICUIK R.T./SANDY WALLACE CYCLES/				BIKESPORT/KARRIMOR "B" TEAM			
49	Andy Ayre	Penicuik R.T./	2	49	Andy Ayre	Penicuik R.T./	2
50	Simon Drew	Sandy Wallace Cycles/	3	50	Simon Drew	Sandy Wallace Cycles/	3
51	Evan Hawkins	Bikesport/karrimor	3	51	Evan Hawkins	Bikesport/karrimor	3
52	David Marr	"	3	52	David Marr	"	3